



***March your Way
to a healthier you!***

***3 Week Daily
Step Challenge
March 7th- 27th***

Week 1 (7th-13th) 8,000 steps/day

Week 2 (14th-20th) 10,000 steps /day

Week 3 (21st-27th) 12,000 steps /day



Hosted by:
Stacey's Personal Training
**"Your Neighborhood Fitness
Professionals"**